

(Breakthrough, Fall 1987)

USE OF HEMI-SYNC® WITH SURGICAL PATIENTS

by Bob Roalfe, M.D.

(Discussion from the Fifth Annual Professional Seminar)

Bob Roalfe is an anesthesiologist from California who has used the Hemi-Sync Emergency Treatment Series tapes with a number of his patients. He presented a number of case studies that represented the range of responses to the tapes.

Bob began by relating how he was first introduced to Hemi-Sync®. He said he had been employing a variety of new techniques for controlling patients' physiology under anesthesia (such as verbally suggesting before surgery that blood will begin leaving the surgical site and return after surgery to heal the area). As he went to interview one patient, wondering if he would be open to trying one of these new techniques, he found the patient listening to Hemi-Sync tapes. The patient, Dr. Art Gladman (a long-time friend of Robert Monroe), said he was wondering if Bob Roalfe would be willing to try this new technique as part of the surgical procedure. When Hemi-Sync was explained to him, Bob enthusiastically agreed. Impressed with the results (see *Medical Specialties/Surgery: Breakthrough 1986-2 Breakthrough 1986-2 Results of Emergency Treatment Tapes Used in Back Surgery - Bob Roalfe*), Bob set up a study using the tapes.

Bob then cited five other case studies that indicated the spectrum of reactions to the *Emergency Treatment* tapes. One case was the only instance in which the patient refused use of the tapes. Another case represented a situation where Bob observed no notable results from the tapes, yet the patient said they were very helpful (which, Bob said, should not be overlooked). Two cases cited (both radical mastectomies) indicated the tapes were supportive in allaying the patients' anxieties before surgery (to the point where both went to sleep without medication only minutes before surgery), in allowing an uncomplicated surgical procedure (including less anesthesia required), and in helping the patients deal with related emotional trauma. The final case study presented was an example of a patient (admitted for neck surgery) who did not have the benefit of the pre-operative tape nor the intra-operative tape because headphones would have gotten in the way. Complications lead to a prolonged operation and major postoperative discomfort. He was then introduced to the Hemi-Sync tapes, which allowed him to rest comfortably.

In 81 cases where surgical patients had at least some exposure to the *Emergency Treatment* Series, the efficacy of the tapes was rated on a scale from 5 to 1 (5 indicating the most positive results). Seven fell into the top category (which Bob jokingly called "The Saint Robert Effect" because the patients said he had worked a miracle), 31 fell into category four (where Bob

and/or the patients felt there was a pronounced, positive effect), 25 were in category three (they indicated the tapes helped, but Bob had noted no demonstrable results), 12 were in category two (no apparent effects noted by either Bob or the patients), and 6 were in category one (the patients either didn't like the tapes or reported they didn't help). Summarized, 47% of the subjects had a good response to the tapes, 31% had a questionable response, 15% had no apparent response, and 7% indicated no positive response.

Bob said he will continue to use Hem-Sync when patients consent, and looks forward to more controlled studies being conducted.

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